



2. Lüneburger Heide Lauf

Lüneburg / 15.06.2019

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Radschuwait, Steffen

□□: Rad-Lauf-Partner

□□: 81

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 11:22:57

□□: 8.79 km/h

□□□□: 6:50 min/km

□□□□□/□□□: 25 (of 92)

□□□□□/□: 18 (of 69)

□□□□□□: 8:30:22

□□□□□: 8(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:07:30	6:33	17	12:05	52	12:05	10.30	1:07:30	6:33	17	12:05	52	12:05	
Amelinghausen	13.80	1:23:49	6:04	12	17:35	33	22:33	24.10	2:31:19	6:16	14	19:23	39	27:53	
Schwindebeck	9.40	1:00:44	6:27	11	14:33	32	17:39	33.50	3:32:03	6:19	15	33:02	40	40:38	
Bispingen	8.90	59:42	6:42	12	13:38	30	18:49	42.40	4:31:45	6:24	15	46:40	38	58:54	
Overhaverbeck	10.80	1:17:45	7:11	12	17:55	29	27:36	53.20	5:49:30	6:34	12	1:04:35	36	1:26:30	
Undeloh	6.90	46:09	6:41	5	7:27	12	12:51	60.10	6:35:39	6:34	11	1:12:02	29	1:39:21	
Egestorf	9.20	1:01:31	6:41	5	7:09	11	13:44	69.30	7:37:10	6:35	11	1:19:11	26	1:53:05	
Salzhausen	10.70	1:11:54	6:43	4	10:35	9	14:34	80.00	8:49:04	6:36	9	1:29:46	23	2:05:37	
Südergellersen	10.90	1:26:50	7:57	6	19:51	17	28:09	90.90	10:15:54	6:46	8	1:49:37	19	2:29:52	
Sülzwiesen	9.10	1:07:03	7:22	6	10:25	21	22:43	100.00	11:22:57	6:49	8	2:00:02	18	2:52:35	